

NAVAL HOSPITAL CAMP LEJEUNE *"We Build Strength Through Caring"*

SCUTTLEBUTT

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OPERATION URGENT RESPONSE

Medical staff members from Naval Hospital Camp Lejeune (NHCL) simulate treating a wounded Marine posing as a high school student who was injured during the annual full-scale exercise (FSE) 2012 Operation Urgent Response in front of the Emergency Department (ED) Oct. 4. Among a long list of objectives, NHCL tested the triage system that included a fully-functional triage center geared to handle an unexpected influx of patients in the parking lot just before the ED entrance. The FSE simulated a mass casualty active shooter event at Lejeune High School and tested NHCL's medical policies, procedures, logistics and coordination amongst hospital staff, Marine Corps Base Camp Lejeune commands, and the local community.

U.S. Navy photo by Hospitalman Matthew Heefner

INSIDE: Breast Cancer Awareness Campaign - Traffic Pattern Shift

Creating a Purpose-Driven Command Culture Begins With You Ship, Shipmate, Self



Capt. David A. Lane
Medical Corps
Commanding Officer

I introduced my philosophy of command during the first *Scuttlebutt* article I wrote back in July, and in September I expounded on its second pillar, seizing opportunities to ensure current and future success. If you've heard me speak at any public forum, you probably heard me mention the third pillar, instilling a "ship, shipmate, self" culture.

I want to use this month's *Scuttlebutt* to explain what this pillar means to me.

First of all, I want you to know I

adopted the "ship, shipmate, self" header after reading it in our Surgeon General's leadership expectations shortly after he took office. It resonated with me because I've tried for many years to live a Purpose-Driven Life as originally espoused by 18th century scholar John Wesley, whose credo was simply, "Do all the good you can, to all the people you can, in all the places you can, by all the means you can, for as long as you ever can." For me, a "ship, shipmate, self" culture is a modern day, nautical way of saying the same thing. The point Wesley, our Surgeon General, and I are all trying to make is that to be a part of an organization like Navy Medicine is to be a part of something bigger than one's self. In other words, working as we do at Naval Hospital Camp Lejeune is more than just a job.

But having passion for being here, oneness of purpose, and treating each other with dignity and respect – as I write about in my philosophy of command – aren't policies or procedures the executive officer, command master chief and I can mandate or enforce from the command suite. Rather, they are essential elements of the purpose-driven command culture and climate we are trying to inspire, instill, and sustain throughout our hospital and even in our personal lives.

So what do I think we need to do in order to inculcate a purpose-driven, "ship, shipmate, self" culture at NHCL? Here are just a few examples: We need your constant and candid feedback through such mechanisms as the recent Command Climate Survey, at Captain's Calls, and even from our daily operations and interactions. But it's not enough to merely give the feedback. We need your energy and creativity to help solve the problems and the challenges you identify. While we had nearly half our staff complete the survey, which is a good thing, only about 30% of participants took the extra effort to provide specific written comments or suggestions

for what and how to change. And attendance has been sparse thus far with the follow-on focus groups delving deeper into the problem areas uncovered through the survey. We need our medical staff to get more involved with our hospital committee structure. I am bewildered by the difficulty we seem to continually have filling internal vacancies throughout the command. We need our Sailors to embrace the advice and mentorship offered by the Junior Enlisted Association (JEA), Sailors Against Destructive Decisions (CSADD), and the Chiefs' Mess. We had four alcohol-related incidents over the Columbus Day weekend, despite numerous safety briefs before the weekend began.

I think you get the idea, and I'm sure most of you can come up with many scenarios and circumstances that are pertinent to your own areas of responsibility at NHCL.

I hope this helps everyone understand why a "ship, shipmate, self" culture is a central pillar of my command philosophy. Please let me know if you have questions.

Join the Conversation!



Ask a question. Leave a comment.

Tell us a suggestion!

If you're not online, you're out!

www.facebook.com/nhclejeune

scut-tle-butt

n.

1. Slang for spoken communication; through the grapevine

2. Nautical

a. A drinking fountain on a ship; gathering place

b. A forum for NHCL staff and beneficiaries to get 'insider info'

Commanding Officer, NHCL

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The Power of Pink

By Irene Sargent
Population Health

As October breathes in with a blast of fall and Halloween colors, another roar of color is marching in – pink. Pink has landed at Naval Hospital Camp Lejeune as staff members from all areas of the hospital supported a month long breast cancer awareness campaign filled with events throughout the month. The pink flag appearing at the entrance of NHCL is a visual that we are supporters of breast cancer awareness and advocates for prevention. Why is the pink so powerful? It is a reminder that breast cancer can be beaten with awareness, prevention and mammograms. It is a reminder that every two minutes, there is a new breast cancer diagnosis. Every 14 minutes, a life is lost to the disease and over 40,000 people will die this year; about 400 of them will be men. Breast cancer is the leading cause of death in women between ages 40 and 55.

The first event that took place was the 13th annual Breast Cancer Awareness Luncheon aboard Marine Corps Base Camp Lejeune Oct. 11. If you looked in the room, you would see how breast cancer can affect anyone - regardless of demographics, age or ethnicity, and you could see the men and women were undefeated in spirit. NHCL's Commanding Officer Capt. David A. Lane spoke and expressed his support for the pink warriors and how his wife's battle with breast cancer transformed his life. Lane was able to show that pink warriors are not alone and he is behind the pink movement - making breast cancer an enemy of the state and NHCL. Breast cancer champions Lt.

Cmdr. Brian Reed and Lt. Vincent Champion shared their expertise and passion for breast cancer awareness, and encouraged the ladies to activate their "pink power" by sharing the message and activism.

Lane also authorized active duty and civilian staff to wear pink in support of the cause. NHCL's message was loud and clear – "We support breast cancer awareness and our patients."

The Women's Wellness Week clinics kicked off next, from October 15 through 19. The Family Medicine Clinics and the Radiology Department embraced women's health and offered clinical breast exams, cervical screenings and mammograms to scheduled and walk-in patients.

The Breast Cancer Awareness 5K Fun Walk/Run culminated the month-long campaign on Oct. 19. Over 800 people showed up and just a reminder the power of pink and nearly tripled the amount from the previous year. Participants walked miles with smiles and proved that pink has the power to move towards saving future lives and building awareness. The Family Medicine residents took first place for their pink team. Who says a resident can't wear a dress and run in it too? The runners and walkers were a collage of pink beauty in action – young and old, and even pets. Active duty Marines and Sailors participated enthusiastically in pink, and ran proudly to fight for the heroes in their lives – moms, sisters, daughters and others!

They use to say it takes a village to raise a child and we proved it took a village of pink to raise breast cancer awareness. Well done and thanks to every NHCL staff member that broke out the pink and supported the Women's Wellness Week.



U.S. Navy photo by Kelly Pursel

Runners hit their stride during the Naval Hospital Camp Lejeune's Breast Cancer Awareness 5K Fun Walk/Run Oct. 19 on Holcomb Blvd. The 5K culminated a month of women's health, wellness and breast cancer awareness events including walk-in wellness clinics and a survivor luncheon.



U.S. Navy photo by Anna Hancock

Naval Hospital Camp Lejeune Family Medicine Department residents and staff pose for a photo at NHCL's Breast Cancer Awareness 5K Fun Walk/Run Oct. 19. More than 800 participants ran or walked in the event hosted on Marine Corps Base Camp Lejeune.

OPERATION

By Anna Hancock
Deputy Public Affairs Officer

If an active shooter was aboard Marine Corps Base Camp Lejeune (MCBCL), each command has emergency preparedness plans that would immediately spring into effect. But what if the shooter caused 10 to 50 casualties before being secured? Would Naval Hospital Camp Lejeune (NHCL) be prepared to receive a sudden influx of trauma victims? What if there were one hundred or more? Our expected answer would be yes, but fortunately, our planning efforts for a mass casualty event caused by an active shooter have never been tested.

On Oct. 4, Operation Urgent Response 2012 marked the first, mass casualty full-scale exercise (FSE) based on an active shooter scenario at a Department of Defense Educational Activity (DODEA) school – Lejeune High School. For the Naval Hospital, the exercise tested the coordination with other commands on Lejeune and throughout the community, and gave staff members an opportunity to assess communication, plans, policies and procedures regarding our ability to respond to a sudden increase of trauma patients, while continuing to maintain hospital operations.

“The full-scale exercise culminated the planning efforts of more than 400 people over a four month time period,” explained Mark Starnes, NHCL’s emergency manager.

The players included: NHCL, DODEA, the Camp Lejeune Provost Marshall’s Office, emergency and fire management services, local hospitals within the community, and others. All intricately coordinated a sequence of events that were as close to an actual active shooter event as possible. And although planned by key players aboard the base, the details were not shared with those who executed the contingency operations.

“The ultimate goal of the exercise was to test our reaction. Everyone needs to know exactly what to do and where our resources are because that’s how we’ll save lives,” noted Starnes. “We need to find out where gaps exist too. So we can fix them before they have a chance to become problems.”

Among a long list of detailed objectives from each hospital department and clinical area, NHCL tested the staff’s abilities to track patients, communicate and recover.

Starnes noted two key systems to tracking, communicating and recovering were the Smart Triage Tags and the use of the Web Emergency Operations Control (Web EOC). NHCL recently began using the Smart Triage Tag system after a majority of North Carolina hospitals, and many others throughout the country did so. The system

includes a list of commonly used language, colors, numbers and space for triage notes in the form of a physical tag placed on each patient.

By viewing the colored-tags, any staff member can step in at any time, read through the triage notes, then transport the patient to the designated area for treatment. The tags are designed so the medical providers can re-triage and reclassify patients should their health take an unexpected turn. The system in general, is designed so that every staff member has a role and can work together interchangeably. Equally as important, it is designed to maintain the highest level of patient safety and continuity of care.

“When patients first arrive to the emergency department, staff will triage them and assign them a color, or priority code using their Smart Triage Tag,” explained Starnes. “Basically, if the casualty is walking, they’re green, if they’re injured but visibly injured, they’re yellow. If they are seriously injured, they’re red, and if they are transported here and are deceased, they’re black.”

Using the information on the triage tag, another staff member can immediately enter the patient and medical information in Web EOC. Web EOC is the main communication tool between the commands residing on Camp Lejeune and NHCL. It is crucial to those at the command’s incident execution level. Using the data presented by the clinics in Web EOC, the incident commander can make strategic safety, manpower, and resource decisions from inside the incident command center.

According to the director of the exercise, Joe Hanks, the hospital’s response to the mass casualty exercise was seamless. Hanks remarked on the hospital’s outstanding ability to rapidly establish a triage site capable of receiving a sudden increase of trauma patients. Something, he noted, far exceeded the civilian hospital standard procedures for mass casualty incidents.

Hanks also lauded the hospital’s ability to communicate and pull resources from every area of the hospital. He pointed out how Sailors stepped in from administrative areas to act as stretcher bearers and how credentialed case managers made themselves available to act as additional nursing staff if the clinical areas needed additional resources.

Essentially, every area of the hospital played a vital role in successfully executing the drill, including: procurement, fiscal, housekeeping, TRICARE business operations and public affairs.

“This is an annual drill initiated by the base,” Starnes noted. “We will learn from this year, update our standard operating procedures, and begin planning for the next go around as soon as we can. Hopefully, these plans will never be truly tested.”

URGENT RESPONSE



U.S. Navy photo by Hospitalman Bo Massey

A paramedic from Marine Corps Base Camp Lejeune's Emergency Management Services simulates triaging a wounded Marine posing as a high school student at Lejeune High School during the annual full-scale exercise (FSE) 2012 Operation Urgent Response Oct. 4. Operation Urgent Response tests the plans, policies, procedures and coordination between commands on Camp Lejeune as the installation responds to a re-enacted mass casualty active shooter incident at the base high school. The FSE will also help commands identify gaps in current all-hazards response plans, identify resources, and demonstrate the importance of mutual-aid agreements with the local community.



U.S. Navy photo by Hospitalman Matthew Heefner

Corpsmen from Naval Hospital Camp Lejeune (NHCL) simulate triaging a wounded Marine posing as a high school student who was injured during the annual full-scale exercise (FSE) 2012 Operation Urgent Response in front of the Emergency Department (ED) Oct. 4. NHCL tested the triage system that included a fully-functional triage center geared to handle an unexpected influx of patients in the parking lot just before the ED entrance among a long list of objectives. The FSE simulated a mass casualty active shooter event at Lejeune High School and tested NHCL's medical policies, procedures, logistics and coordination amongst hospital staff, Marine Corps Base Camp Lejeune commands, and the local community.



U.S. Navy photo by Hospitalman Matthew Heefner

Naval Hospital Camp Lejeune (NHCL) medical staff members read the Smart Triage Tag to learn the simulated patient's medical injuries before treating the patient in front of the Emergency Department Oct. 4 during the annual full-scale exercise (FSE) 2012 Operation Urgent Response. NHCL adopted the Smart Triage Tag system after North Carolina civilian hospitals implemented the change as an effective triage system that allows medical staff members to reprioritize casualties quickly while retaining patient information. The FSE simulated a mass casualty active shooter event at Lejeune High School.

HOSPITAL ROUNDS

Honoring Hispanic Heritage



U.S. Navy photo by Hospitalman Lauren Robshaw

Guest speaker, Command Master Chief (AW/SW) Edward Moreno (center) and the Naval Hospital Camp Lejeune Diversity Committee (DC) are all smiles after a successful Hispanic history program held on the hospital galley patio on Oct 12. This year's theme was "Diversity United, Building America's Future." Days later, NHCL's DC hosted the Chief of Naval Operations Special Assistant for Diversity Capt. Cynthia Macri, who spoke to staff about the importance of creating an environment free from discrimination, preferential treatment, intolerance or exclusion Oct. 22 at the quarterdeck.

Donations Needed Holiday Food Program

Pastoral Care is collecting food to be distributed to qualifying shipmates and staff during the Thanksgiving and Christmas holidays. A full basket includes:

\$15.00 gift card for turkey/ham

disposable roasting pan

Box cake mix

Cake frosting

2 lb bag or rice or box of instant potatoes

2 boxes of stuffing

2 cans of gravy

2 cans of green beans

2 cans of corn

2 cans of fruit cocktail

2 cans cranberry sauce

2 boxes of cornbread mix

Please bring items to Pastoral Care
before Nov. 13 or Dec. 18.

Supporting Each Other Through FRG



Courtesy photo

Naval Hospital Camp Lejeune staff, families and friends from the Family Readiness Group (FRG) wave in enjoyment at the annual Mike's Farm hayride Oct. 20. The FRG supports staff and family members throughout the year through friendship, camaraderie, and fun. To join the FRG on the Kids Serve Too float in the Onslow County Veterans Day parade Nov. 3, or for more information on volunteering or upcoming events, email the FRG at frgnhcl@gmail.com.

Navy Celebrates 237 Years

Local Navy Sailors, spouses and guests celebrate 237 years of Navy service on the dance floor at the 2012 Eastern Carolina Navy Ball in New Bern, N.C. Oct. 20. More than 200 guest attended to enjoy an evening of dinner and dancing. The ball featured a motivational speech by Master Chief Jim Brawley.



Courtesy photo

Health Fair Held For Retirees

Retiree Appreciation Day 2012

By Raymond Applewhite
NHCL Public Affairs

Approximately four hundred military retirees, many of them war veterans from at least one combat tour, their family members and widows came from far and wide to attend annual Military Retiree Appreciation Day held at Marston Pavilion Sept. 29. Many of the retirees and veterans wore caps, ribbons, or some type of military insignia that proudly told others, "We served."

Brig. Gen. Thomas Gorry, commanding general, Marine Corps Installations East welcomed the packed room of guests and participants.

"We are here for you today because you were there for us. This is a small token of our sincere appreciation - that's what it is all about. You have done your time and this is our way of saying thank you," said Gorry.

After welcoming remarks, Gorry presented the distinguished Whitey Welbourne Award on behalf of the Camp Lejeune Marine Corps Base Military Retiree Council to retired Gunnery Sgt. Luis Alers. The annual award is given to a military retiree for dedicated service and commitment to active duty, retirees, family members and widows.

North Carolina Congressman Walter B. Jones, third congressional district, spoke next and praised the veterans and retirees for their service and sacrifice. Jones told the crowd how proud he was of our military men and women who continue to serve in harms way and encouraged everyone to pray for their safety.

The keynote speaker, Elizabeth Goolsby, director, Veterans Affairs Medical Center, Fayetteville, N.C., addressed the audience after Jones.

"Because of your many sacrifices we get to enjoy freedom and liberty. As far as I am concerned you are American heroes," said Goolsby.

Goolsby told the audience that homelessness still exists among veterans. She pledged her commitment to work hard looking for opportunities to enhance services and increase access to care for veterans.

"Ideally, veterans deserve and need access to care close to home within 30 minutes and no more than 30 miles away," said Goolsby.

Capt. David Lane, commanding officer, Naval Hospital Camp Lejeune, spoke after Goolsby and thanked the veterans and their family members for their service and sacrifice.

"I am pleased to tell you that Military Retiree Appreciation Day was one of the first things that I heard about soon after taking command," said Lane. Lane presented information about the current military construction and renovation plans that are currently being performed and talked about hospital future growth. Lane told the audience that the hospital staff was eager to host the health fair and that he and his staff felt honored and privileged to participate in the event.

Jim Askins, department head for NHCL's Health Promotion and Wellness Department, said that the event was huge and he and his staff looked forward to the event each year. The Health Promotion and Wellness Department teaches numerous health related classes all year long to help prevent diseases and illnesses.

During the event, hospital staff helped veterans migrate to 40 health-related booths including, Influenza vaccines, blood pressure checks, hearing tests, skin cancer screenings, cholesterol checks and oral screenings. Information on nutrition, diabetes, tobacco cessation, and health benefits was also available for guests.

Additional information booths were stocked with literature about the Blood Donor Center, TRICARE, heart health, vehicle registration and legal advice.

Eighteen veteran and military retiree organizations were represented and information was available about the Army/Navy Retirement Home and the State veteran's cemetery.

More than 40 doctors, nurses, health benefits advisors, patient educators and corpsmen volunteered to provide health screens, health education, and to act as guides, give directions, and in some cases escort or assist the attendees to areas where they could get free food, exams and much more.

"It is extremely important for veterans and retirees to participate and fully support these types of events. The Naval Hospital goes out of their way to provide top notch medical care to as many people as they can," said Gunnery Sgt. (Ret.) Herbert Brisbane.

Volunteers from the Naval Hospital staff participate in this event each year. Furthermore, the hospital commander reaches out to the veterans and retirees throughout the year and hosts quarterly health care town hall meetings, which are specifically designed for retirees, active duty service members and family members to ask questions and express concerns about health care issues.

For more information about the future health fairs or quarterly health care town hall meetings, contact Raymond Applewhite at 450-4463.

A Walk to Remember

By Rev. Duke Quarles
Pastoral Care Department

In 1988, former President Ronald Regan named October National Pregnancy and Infant Loss Awareness Month. Since that time people all across the country gather together to remember the precious children we will never know due to miscarriage, ectopic pregnancy, stillbirths, birth defects and Sudden Infant Death Syndrome (SIDs). Nationwide "Walks to Remember" provide parents who have experienced such a loss, and the larger community an opportunity to remember and honor those precious children who we will never get to know, to raise awareness of these tragedies, and offer grieving families the sensitive and compassionate care they need. Naval Hospital Camp Lejeune sponsored the first annual "Walks to Remember" Oct. 21 at the hospital's main entrance.

Families were given an opportunity to write the name of their precious lost child along with any messages they might want to add on a balloon, which was filled with helium. Participants walked over to the picnic area around the dock on the hospital grounds. There was a short memorial service - at the end of which - the balloons were released. All participants were invited to stay for a hot dog cookout and a time of fellowship afterwards.

A friend once told me that when we pay attention to something, it gets smaller, but when we ignore it, it gets bigger. The feelings that can arise at the loss of a pregnancy, or a child can grow like a cancer choking out all joy and happiness. Events like these provide people with an opportunity to pay attention to those feeling, giving them the consideration they call for. They serve to create a space in their lives where they can remember what was lost and provide strength for the future.

Taking Down the Barricades

By Chief Hospital Corpsman Pete Fantini
Security Department

Greetings from the Security Department! Our primary mission in security is the safety of all of our staff and patients. Some of you might have noticed either Marine Corps Military police or their civilian counterparts making rounds throughout the hospital and the parking lots. This is the culmination of our last physical security assessment of which the primary recommendation was that we have armed security on board 24 hours a day. Well now we do, so if you get the chance, please stop them and say hello, they are here to assist in any way possible.

The other major issue affecting our staff and patients is the traffic getting off the hospital compound. We in security realize that it is difficult and time consuming to leave the hospital in the afternoons. We are doing everything we can to alleviate the situation including implementing a new traffic control point at the corner of Hospital Corps Blvd. and Brewster Blvd. which has significantly decreased the commute time.

October 22 marked a significant traffic realignment to further decrease the congestion on the hospital compound and on Brewster Blvd. Command leadership worked jointly with the base to remove the barricades across from the Brewster Child Development Center and the Marine Corps Family Service Center (Russell Building), fully opening Brewster Blvd. to two lanes of outbound traffic. In conjunction with the junior officer on duty and duty section watchbill coordinators, we posted two additional traffic checkpoints along Brewster Blvd. to help facilitate the fluid movement of traffic off base. Please be mindful of the individuals directing traffic. We don't want anyone injured while they are assisting your commute.

Please also understand that all individuals manning our traffic control points have positional authority from the Provost Marshall's Office (PMO). If you are asked to stop or waved to proceed please follow the instructions.

At some point early next year, the widening project will begin on Brewster Blvd. which will add an additional lane to the existing three, as well as add another access road to the hospital from Stone Street. Once this project is complete, it will greatly reduce the amount of traffic, as well as greatly decrease your commute time. However, during the construction phase, traffic will more than likely worsen, so please be patient. We are doing all we can to alleviate the situation.

If you have any suggestions, please feel free to contact the Security Department at 450-4652 or take part in the traffic poll on the command Facebook page at www.facebook.com/nhclejeune. The longevity of the traffic shift partly depends on the feedback leadership receives, so be sure to make your voice heard!



U.S. Navy photo by Hospitalman Lauren Robshaw

Naval Hospital Camp Lejeune security personnel direct traffic down Brewster Blvd. Oct. 22, after the two-lane expansion project was implemented during afternoon commuting hours. The project is designed to improve the flow of traffic and will continue until further notice.